



20 MARCH
24 16

AAU UTAH STATE
TAEKWONDO
CHAMPIONSHIP - NATIONAL QUALIFIER

OLYMPIC SPARRING
POINT SPARRING
POOMSAE
BOARD BREAKING
OBSTACLE COURSE
WEAPONS

REGISTER AT!
<https://eproductions.co/events>

CLEARFIELD HIGH SCHOOL
931 S. 1000 E. CLEARFIELD, UTAH 84015

HOSTED BY: Utah District Taekwondo Association
CONTACT US: 801-776-0190

This event is licensed by the Amateur Athletic Union of the U.S., Inc.
*All participants must have a current AAU membership.
*AAU membership may not be included as part of the entry fee to the event.
*AAU Youth Athlete membership must be obtained before the competition begins.
*Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.
*Due to background screenings, please allow up to 10 days for adult memberships to be processed.
*Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

LOCATION: CLEARFIELD HIGH SCHOOL MAIN GYM

931 S. 1000 E. CLEARFIELD, UTAH 84015

MORE INFO: utahdistricttkd@gmail.com 801-776-0190 DATE: MARCH 16, 2024

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AMATEUR ATHLETIC UNION OF UNITED STATES



Dear Instructors, Coaches, and Athletes,

Greetings! This year promises to be a very exciting year for UTAH AAU. I would like to invite you and your school to participate in the AAU UTAH STATE TAEKWONDO CHAMPIONSHIP!

Here are few reasons to participate:

- **Let's get ready for 2024 Nationals and AAU Junior Olympic Games! Athletes from any part of the U.S may participate for AAU National Taekwondo Championship and the Junior Olympics at this event. The quality of competition and officiating will be high!**
- **Poomsae WT, OPEN, SPORTS and WEAPON**
- **Point SPARRING**
- **Olympic SPARRING**
- **Board Breaking (Speed Hand, Speed Foot, Power Hand, Power Foot)**
- **Obstacle Course 12yrs old and under**
- **CUSTOM MEDALS! The top four in each division will receive a custom medal designed specifically for this event.**

Competition Date is March 16, 2024. You must pre-register for this event online! There will be no registration at the door. Register at [EVENTS \(eproductions.co\)](https://www.eproductions.co) . You must also be a registered AAU member to compete, coach, or officiate. Coaches and officials must also have attended a coaches'/referee seminar. This event will be a good warm up to all participants for AAU National Championship and the prestigious AAU Junior Olympic Games. The only true multi-sport weeklong event featuring the nation's most talented athletes vying for medals in twenty sports, including Taekwondo.

For more information please call (801) 776-0190 or e-mail me at modtkd1988@gmail.com. I look forward to seeing you at the tournament. If you have any questions about the Amateur Athletic Union or this tournament, please don't hesitate to call or email. I look forward to seeing you soon!

Respectfully,

Marlo Dagpin

AAU UTAH DISTRICT DIRECTOR

GENERAL INFORMATION

PRESENTED BY	AAU TAEKWONDO & MARLO DAGPIN
LICENSED BY	The Amateur Athletic Union of the United States, Inc.
RULES	AAU TAEKWONDO RULES
COMPETITION INFO	<p>Olympic Sparring – (KP&P electronic scoring for Blackbelts Only Athletes must supply their own E-socks)</p> <p>Poomsae WT, OPEN, SPORTS and WEAPON</p> <p>Board Breaking</p> <p>Point Sparring</p> <p>Obstacle Course 12yrs old and under</p>
SCHEDULE OF EVENTS	<p>FRIDAY (At Venue) ALL ATHLETES CREDENTIAL PICK UP AND WEIGH IN for Blackbelts Only 6PM - 8Pm Saturday March 16th AT THE VENUE 8:00 AM - Official's meeting 9:00 AM – OBSTACLE COURSE AND ALL POOMSAE FOLLOWED BY ALL BREAKING ALL SPARRING REPORT TIMES WILL BE POSTED MARCH 15TH . Every attempt will be made to be ahead of schedule. Please be prepared to report for staging ON TIME!</p>
Athlete Entry Fee(s)	<p>Early Registration: \$109 for 1st event, \$20 for each additional event. Early Registration end January 15, 2024 Regular Registration: \$129 for 1st event, \$30 for each additional event.</p> <p>Absolutely no registrations will be accepted after March 12th .</p>
Coaches Entry Fee	\$55
Awards	Custom Medals for 1st thru 4th place
Admission Fee	\$25 5 & Under FREE

Eligibility	AAU membership is mandatory, if you are not on the AAU membership roster or if you do not have your membership card, you will be required to join AAU again. This requires a fee of \$14 for youth and \$24 for adults. You can register online at www.aausports.org or www.aautaekwondo.org .
Coach's/Instructors Information	In order to coach at the AAU State Taekwondo Championship, you must take the online Coach's course. Coach's attire will be enforced at this tournament. NO EXCEPTIONS. Warm-up pants and official blue AAU shirt.

Article IV. Recognized Forms/Patterns

IV.A. The official Forms/Patterns accepted for competition shall be:

Rank	ITF	WT	TSD/MDK
<u>Novice</u> White, Yellow Orange	Chon-Ji Dan-Gun Do-San	Pal Gwe 1–2 Taegeuk 1–2	Ki-Cho (KiBon) 1–5 Pyung-An/Pinan 1
<u>Intermediate</u> Green, Purple Blue	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 2–6 Taegeuk 2–6	Ki-Cho (Ki Bon) 3 Pyung-An/Pinan 1–4
<u>Advanced</u> Red, Brown	Hwa-Rang Choong-Moo	Pal Gwe 6–8 Taegeuk 6–8	Pyung-An/Pinan 4–5 Passaai (Bassai)
<u>1st Dan</u>	Kwang-Gae Po-Eun Ge-Baek	Koryo	Jin Do Passaai (Bassai)
<u>2nd Dan</u>	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Ro-Hai
<u>3rd Dan</u>	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun
<u>4th Dan</u>	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wan Shu
<u>5th Dan</u>	So-San Se-Jong	Sip Jin	Ji-On
<u>6th Dan</u>	Tong-Il	Jitae	O Sip Sa Bo
<u>7th Dan</u>		Chonkwon	Sei-Shan
<u>8th Dan</u>		Hansu	Sip Soo (Jit Te)
<u>9th Dan</u>		Ilyeo	

IV.B. Forms/Patterns Can Not Be Altered or Modified. Do not add or leave out kicks or movements. Doing so can result in disqualification. No variation from the above list will be accepted.

IV.C. Legal Forms/Patterns for Competition

IV.C.1. Novice, Intermediate and Advanced rank competitors may do ANY Form/Pattern listed for any of their previous Ranks as well as their current Rank.

IV.C.2. 1st Dan competitors may do ANY Form/Pattern listed for Advanced or 1st Dan Ranks IV.C.3. 2nd Dan through 9th Dan competitors may do ANY Black Belt Form/Pattern listed for ANY Dan competitor up to and including their current Rank. (Ex. A 3rd Dan 2022 AAU Taekwondo Rule Book Forms/Patterns/Poomsae 37 competitor could legally do ANY of the 1st Dan 2nd Dan, or 3rd Dan Forms/Patterns listed for those Ranks.)

SPORTS POOMSE REQUIREMENTS

DIVISION		Male				Female			
		Preliminary	Semi-Final	Final		Preliminary	Semi-Final	Final	
INDIVIDUAL	Tiger (8-9)	Taegeuk 5	Taegeuk 7	Taegeuk 3	Taegeuk 8	Taegeuk 3	Taegeuk 8	Taegeuk 4	Taegeuk 7
	Youth (10-11)	Taegeuk 5	Taegeuk 7	Taegeuk 8	Koryo	Taegeuk 7	Koryo	Taegeuk 6	Taegeuk 4
	Cadet (12-14)	Taegeuk 7	Taegeuk 8	Koryo	Taegeuk 5	Taegeuk 5	Taegeuk 4	Taegeuk 8	Koryo
	Junior (15-17)	Keumkang	Koryo	Taebaek	Taegeuk 8	Taegeuk 8	Koryo	Taebaek	Taegeuk 7
	Under 30 (18-30)	Taegeuk 8	Taebaek	Shipjin	Pyongwon	Taegeuk 8	Pyongwon	Shipjin	Koryo
	Under 40 (31-40)	Jitae	Cheonkwon	Taegeuk 8	Keumkang	Keumkang	Taebaek	Pyongwon	Jitae
	Under 50 (41-50)	Cheonkwon	Keumkang	Jitae	Taebaek	Taebaek	Koryo	Keumkang	Cheonkwon
	Under 60 (51-60)	Pyongwon	Taebaek	Keumkang	Shipjin	Hansu	Koryo	Jitae	Keumkang
	Under 65 (61-65)	Jitae	Hansu	Shipjin	Koryo	Koryo	Cheonkwon	Shipjin	Taebaek
Over 65 (66 & Up)	Hansu	Koryo	Jitae	Cheonkwon	Koryo	Shipjin	Keumkang	Hansu	
		DIVISION		Preliminary	Semi-Final	Final			
		P A I R	Youth (10-11)	Taegeuk 5	Taegeuk 7	Taegeuk 6	Taegeuk 4		
			Cadet (12-14)	Keumkang	Taegeuk 6	Koryo	Taegeuk 5		
			Junior (15-17)	Taegeuk 4	Koryo	Taebaek	Taegeuk 8		
			Under 30 (18-30)	Pyongwon	Shipjin	Koryo	Shipjin		
			Over 30 (31 & up)	Cheonkwon	Pyongwon	Keumkang	Koryo		
DIVISION		Male				Female			
		Preliminary	Semi-Final	Final		Preliminary	Semi-Final	Final	
TEAM	Youth (10-11)	Koryo	Taegeuk 8	Taegeuk 4	Taegeuk 6	Taegeuk 8	Koryo	Taegeuk 5	Taegeuk 7
	Cadet (12-14)	Taegeuk 7	Taegeuk 4	Koryo	Taegeuk 8	Keumkang	Taegeuk 6	Taegeuk 8	Taegeuk 5
	Junior (15-17)	Keumkang	Taegeuk 8	Taegeuk 5	Taebaek	Taegeuk 4	Taebaek	Koryo	Taegeuk 8
	Under 30 (18-30)	Pyongwon	Taegeuk 6	Taegeuk 8	Keumkang	Koryo	Keumkang	Taegeuk 6	Shipjin
	Over 30 (31 & up)	Cheonkwon	Jitae	Taegeuk 8	Shipjin	Keumkang	Cheonkwon	Shipjin	Taegeuk 8

Board Breaking Guidelines

Event Board Sizes Please Note: All Boards Must Be Purchased at the Event!

- 5 to 13-year-old athletes = Demo Small
- 14 and older athletes = Demo Medium

Repetitive Axe Kick

- Single break format; One board per strike. Allowed Technique Axe Kick – 10 board competition.

Winner based on time required to break 10 boards

Repetitive Side Kick

- Single break format; One board per strike. Allowed technique is side kick - 10 board competition.

Winner based on time required to break 10 boards

Repetitive Hand Technique (feeder hold)

- Single break format; One board per strike – Allowed technique is hammer fist - 10 board competition

Winner based on time required to break 10 boards

POWER BREAKING (HAND AND FOOT)

- Go to www.aautaekwondo.org to download 2024 Rules Handbook and to get your 2024 AAU membership.

EVENT CHECKLIST

COMPETITORS

- Registration form and fee turned in by deadline – March 12th. Register online at [EVENTS \(eproductions.co\)](https://www.aautaekwondo.org/events)
- 2024 AAU membership card.
- Official Dobok.

COACHES AND INSTRUCTORS

- 2024 AAU membership card.
- Official/Coach's application and fee. Turned in by March 12th.
- Mandatory coach uniform.
- Mandatory Online Coach's Course

OFFICIALS

- 2024 AAU Membership card
- Mandatory 2024 Officials Clinic
- Official AAU attire at tournament
- Officials will be provided lunch, refreshments, and stipend

For more information: www.aautaekwondo.org or call 801-776-0190